



Walk this Way Kick-off Party

When:

Saturday, October 19 | 7-9 AM

Where:

**Cagni Park
13498 NE 8 Avenue
North Miami, FL 33161**

What happens after the party?

- Track your progress and count your steps.
- Weekly self-guided walking at 3 rotating locations.

Mondays 5 - 8 pm	North Miami Athletic Stadium *
Wednesday 5 - 8 pm	Cagni Park *
Fridays 5 - 8 pm	Pepper Park *
- * Opportunities to log steps with staff members to track your progress and reach 1,000,000 steps!
- Participants will receive a guide book and pedometer to track their progress.

Why Walk?

Walking will offer positive health changes to residents, such as:

- Reduced blood cholesterol
- Lower blood pressure
- Increased endurance
- Stronger bones
- Weight loss



For more information, contact the Parks and Recreation Office at 305-895-9840.



**JOIN US AS WE WALK
1 MILLION STEPS
TO BETTER HEALTH**

Receive a Free T-shirt
for becoming a part of the
WALK THIS WAY PROGRAM.

**Walking is for
the whole family!**

Keep up the good work and join us every
3rd Saturday of the month for more
family walking events which will include:

**Health and
Educational Vendors**

**Fun Zones
Face Painting**

Hydration Stations On-Site During Walks